

Great Week of Kujichagulia or as those in the culture say: great Kuji!!

As we have hit the year of 2023, we here at GNJMedia have been making some changes. COVID made it possible for us to grow inwardly as a tribe, and now it is time for us to begin the, outward growing process. We will begin meeting in person regularly like in the old days, and those that are tuned into our email will be able to keep up. Feel free to come out and witness Tribe building in person. I will start posting our schedule and events so that our supporters will be able to come out and meet with us.

We also will begin to rebrand and you will notice a big difference in our social media presence as 2023 rolls forward. I will be stepping down to make room for some of the younger warriors & Nation builders to shine. A lot of my stuff that I do will only be available through the email that you are presently reading. This is an important step for us because our research shows that we get a better response from the email list than YouTube, Facebook, twitch, and Spreaker combined. I can't help but to think that is because of how those above companies do business. They are not here to help us build a better community. All of the above mentioned businesses benefit greatly from our dysfunction, and I personally am getting tired of it. So I will focus here where I can have the most impact.



Where your attention flows, so does your money

This is saying that I heard a lot in my younger days, I thought it was a bunch of foolishness, but as I got older the truth in the statement began to manifest before my eyes. I noticed that when I fixated my attention on something I found the money to apply to that fixation. This simple statement may be a key for us to begin moving our tribe to where we want and need it to be. We need to ask ourselves "what am I giving attention to? Then we need to evaluate if those things are giving back to ourselves, family, community and tribe. Here are five reasons that you need to pay attention to what you are paying attention to:

- Your money is a reflection of your values and beliefs. Where you place your attention and focus is often a sign of what you value and what you believe in.
- When you put your money towards something, it often serves as a commitment to that thing. You are likely to stay engaged and interested when your money is on the line.

- Money is a form of energy, and when you invest it into something, you are essentially sending energy to that thing. This energy can attract more money and resources to that thing.
- When you focus your attention and money on something, it often creates momentum and attracts even more attention and money.
- The act of investing your money into something often encourages you to learn more about it, which can lead to better decisions and more positive results.

We are challenged in our culture because we have been taught or programmed on where we need to place our attention. Unfortunately those lessons or programs don't place us at the center. Here at GNJ.Media we are placing ourselves, and our culture at the center. In fact we are developing lessons to help our people put themselves at the center of ATTENTION. If you have not taken our [free ecourse](#) please do, and if you have become a [GNJMedia Supporter](#) so we can grow.

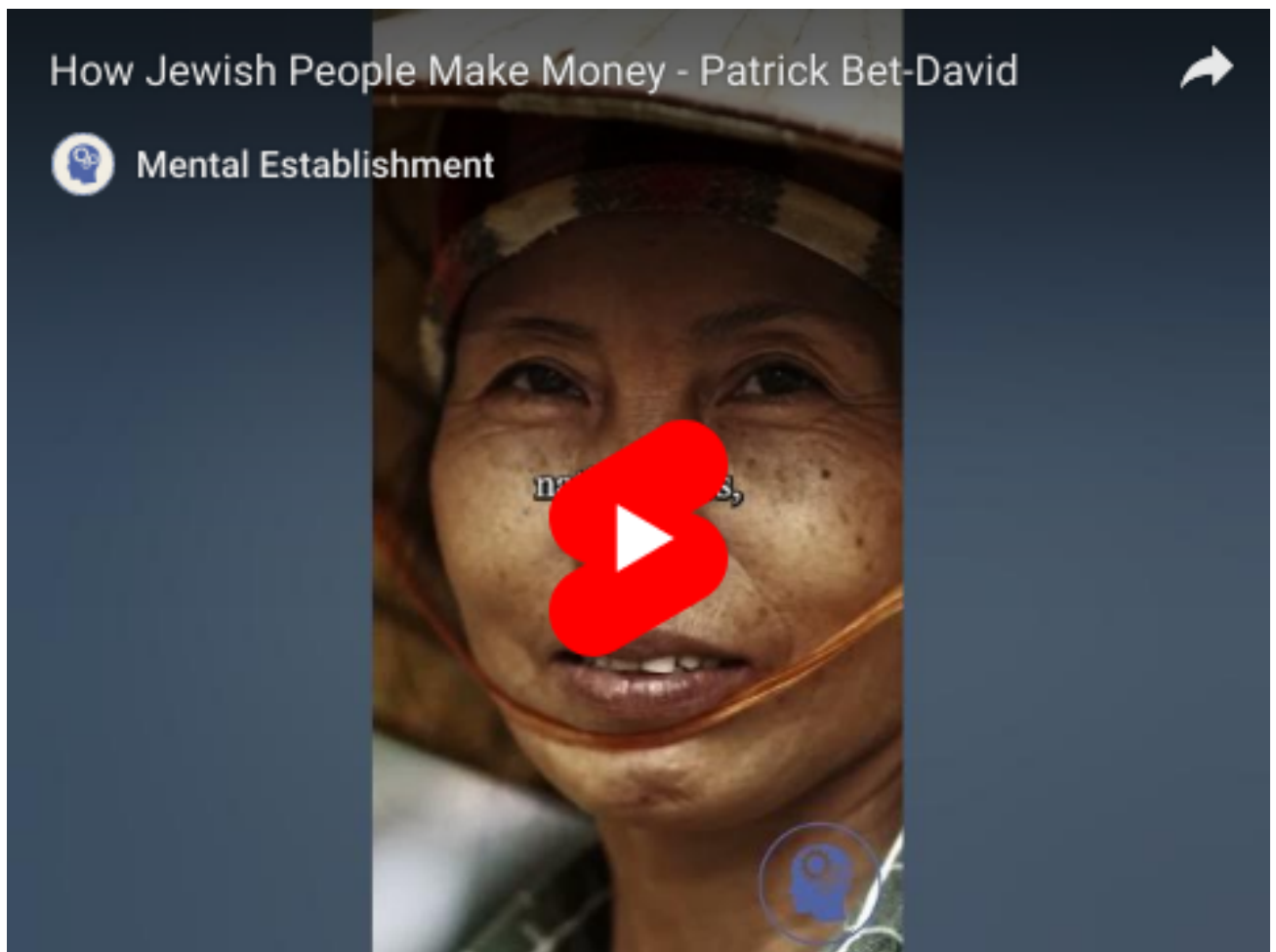
A Few Reason I Choose to build Tribe

Yall here me constantly talking about tribes but I want to take some time and expand on why I choose to build tribe. I will put the link to my [video](#) but I want to give you a few more reasons why tribe is important:

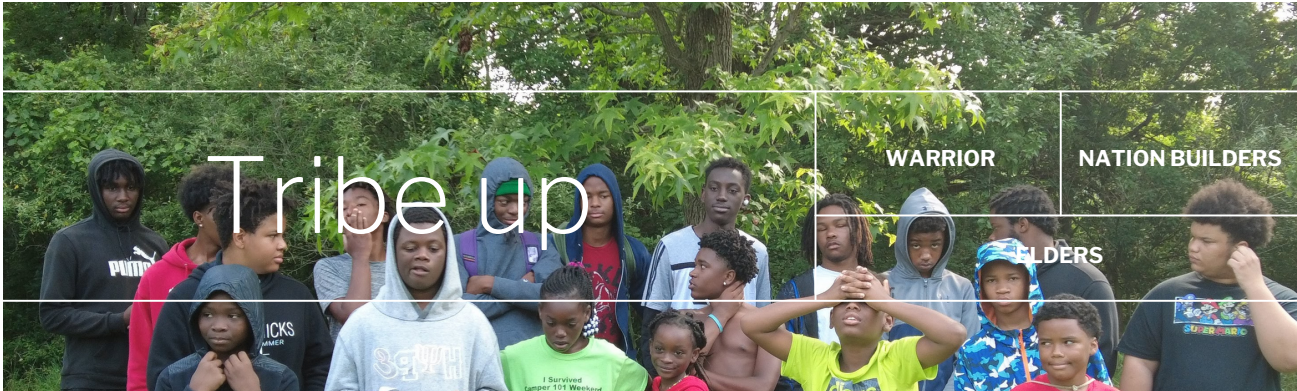


1. Building a tribe helps to create a sense of belonging and community. It encourages people to come together to work towards common goals and shared interests.
2. It provides a platform for people to learn from each other and gain new perspectives.
3. It enables people to collaborate more effectively and reach their goals faster.
4. It helps to spread knowledge and information, as well as innovative ideas.
5. It can help to build stronger relationships and trust between people.
6. It encourages people to strive for a common purpose and work together to achieve shared objectives.
7. It can help to increase loyalty and engagement in a group or organization, by creating a sense of purpose and connection.

some of these are similar but I just wanted to stress the fact that we all need tribes, and everyone else around us is moving as a unit. Providing protection, and wealth for individuals and the collective, and I want to help build the infrastructure so that we can do the same. Here is the video that sparked this whole thought. I was scrolling doing my daily search for useful information and I stumbled a [Valuetainment video](#),



where the founder was describing a discussion that he had with a young jewish gentleman. The conversation was revealing and it pointed at the fact that we need to move as a group so that we can grow and prosper.



My Health Journey

I messed up family, I cut my mushrooms and cooked them with out posting. For those that don't know I have been growing pink oyster mushrooms are part of my Journey and posting the pics, but I was so excited to taste them I cut them down before sharing them with you. Here is a picture of what is left, but youn can see the progress:



Im still taking my supplement, and I am receiving a lot of benefits from the medicinal mushrooms as well. Click the link to checkout [FreshCap](#):



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Right now I am experimenting with "That Ambrosia" and trying to create a probiotic drink, that can be shipped without worrying about it exploding. For Those that do not know "That Ambrosia" is a Jun or what most people would consider a kombucha. Instead of black tea and

sugar this is made from Green tea & raw honey. I also forgot to mention that is all fermented to produce a powerful drink:

Benefits of raw honey

Raw honey has many benefits, including being a natural energy booster, providing anti-inflammatory, anti-bacterial, and anti-viral properties, helping to reduce allergies, aiding in digestion, and helping to maintain healthy skin. Additionally, raw honey is a valuable source of antioxidants and can help to boost the immune system. It also has a low glycemic index, making it a great alternative to processed sugars. Finally, raw honey is said to have a calming effect on the body, helping to reduce stress and promote better sleep.

Benefits of green tea

Green tea is a popular beverage known for its many health benefits. It's high in antioxidants that can reduce inflammation, help boost the immune system, and support heart health. It can also help aid in weight loss, improve digestion, and reduce the risk of certain types of cancer. Green tea has been linked to improved cognitive function and may help protect against neurodegenerative diseases. Additionally, it's been shown to have anti-aging properties, helping to keep skin looking youthful and glowing.

Benefits of fermenting process

The benefits of the fermenting process are numerous! Fermenting can help to break down complex molecules, making them easier to digest. This makes the nutrient content of fermented foods more bioavailable. In addition, fermentation can help to preserve food for a longer period of time, making it more convenient for storage. It can also introduce beneficial bacteria and probiotics to the gut, providing numerous health benefits. Finally, it can also add unique, complex flavors that can enhance the overall taste of the food.

I am experimenting with a drink that is made from mature "That Ambrosia" that will help with hydration as well as provide the benefits of the original drinking. I want it to be a replacement drink for pop, and a goto for rehydration after a workout. So be on the look out because I am going to need taster for the new formula.



Schedule for next few weeks

*12123-7 In person meeting at the Millennium Community School

*12223-7 We will be doing the Sofa Chat with Dr. Jacks 7pm est.

*6:45am (est) We will be having our Nguzo Saba Challenge morning discussion

*Made offer to create Mind\$et for supporters who wanted to learn the business behind content creation, and affiliate marketing still waiting for responses.....

*Coming soon "Gye-Nyame Market" twice a month. We got to have a place to sale these greens, mushrooms, t-shirts, That Ambrosia... Stay in the loop.

*Next week will talk about health benefits of greens

Baba West Lesson For Umoja

